

Brookfield Senior Center

".... a place where things are happening!!"

April 2014

Monday through Friday 8:00am – 4:00pm

Telephone: 203-775-5308

http://www.brookfieldct.gov/Pages/BrookfieldCT_Senior/index



THINK SPRING!

Spring Pot Luck
April 25th at 12:00noon



Join us as we welcome spring with an afternoon of good food, good friends and excellent music! Bring your favorite potluck dish to share. After lunch, we will be entertained by the wonderful musicians from Brookfield High School Jazz Band. Please sign up by Monday April 21st – you don't want to miss this afternoon of fun!



Spring Plant Sale
April 14th – April 18th throughout the day

Drop by the Senior Center this week and pick up some beautiful spring plants at our spring plant sale. You'll get in the mood for spring and help support Friends of Brookfield Senior Center too!

Spring Display



Bring in your Easter and spring memorabilia. We will display them in our library bookcase for the month of April. Please drop them off in the box behind our receptionist by April 1st so the display can be put up. *Please make sure your name is on the bottom of your item (one per person)*

National Volunteer Week
April 6th – April 12th

We could not do all that we do without the time and talent that so many of you give so generously every day. Please join us this week in saying "thank you" to all the volunteers who do so much to improve the lives of so many.

Mark your Calendar - don't forget

Men's Breakfast – Friday, April 4th at 9:30am. Join this group of men who drink coffee, eat breakfast, discuss the world's problems and enjoy a morning together. Newcomers are always welcome. *Please sign up.*

Bingo – Monday, April 7th at 10:30am. Come join the fun.

Friends of Brookfield Senior Center – Tuesday, April 8th at 1:00pm. This is the place to come with your questions and ideas about what you want to see at Brookfield Senior Center. Join us and let your voice be heard. Meeting and festive snack!

Farkle – Mondays at 1:00pm. An afternoon of fun and laughter. Even if you have never played before and have no idea about what Farkle is – JOIN US! Newcomers are always welcome and this is a friendly group that loves to play games, meet new friends and have a good time.

Blood Pressure & Blood Sugar Screening (Bethel Health Care) – Thursday, April 10th at 12:00noon.
Blood Pressure Screening (New Milford VNA) – Tuesday, April 22nd at 11:30am.

Book Club – Monday, April 21st at 10:30am. Books are available at the Center. Newcomers are always welcome. Stop in the office and sign up for a book.

Reflexology – Monday, April 28th from 1:00pm – 4:00pm. Kim Stewart, nationally certified in reflexology, is offering 15 minute sessions at the Center. Please sign up and pay at the front desk. *Cost is \$15/session.*

Hot Topics is Wednesday mornings at 11:00am. This friendly group meets to discuss new topics, old topics and everything in between. Join this friendly group who will introduce you to everything at Brookfield Senior Center. Newcomers are welcome. Plan to relax and make some new friends!

Coffee and chat every day during our hours of 8:00am through 4:00pm. Join old friends or make new ones in our library. There's always a pot of coffee on and usually someone working on a puzzle. We have magazines to look at and an extensive lending library to choose from. Stop by and join us.

AARP Safe Driving

Friday, April 25th - 9:00am – 1:00pm

The AARP Driver Safety Class provides a refresher of driving rules and also teaches valuable defensive driving skills, safety strategies, and tips for adapting your driving to compensate for physical and cognitive changes that come with aging, etc. By law, Connecticut residents age 60 and older who complete this class qualify for a minimum of 5 percent automobile liability insurance discount for at least two years. Some insurance companies offer a higher discount and/or may extend the discount to younger policyholders. *Please sign up and pay in advance. Cost is \$15/AARP members and \$20/nonmembers*



Bagels and Chat

Friday, April 25th at 11:00am

Join us for a friendly roundtable discussion covering anything you want to talk about. Know some good jokes to share? Is there an event you'd like us to try? Or a Lunch and Learn topic you think we should explore? ***This is the place and time for you!*** Join us to chat, have a bagel and get to know each other better.

Please sign up in advance so we know how many people to plan for.

Prescription Drop Box

Brookfield Police Department has a secure prescription drop box in their lobby for old and unwanted prescription drugs. Don't leave these around your home. This is a safe and easy way to dispose of them.

Brookfield Police Department is located at 63 Silvermine Road.

Improve Your Mind & Body

Zumba Gold is on Mondays at 9:30am. This easy-to-follow program teaches everyone to perform the Zumba Gold dance moves. *Come and join the fun!*

Strength/Balance with Claudia is on Mondays at 1:00pm. Join Claudia and friends for a workout that will leave you feeling stretched and stronger. Class is appropriate for all levels.

Yoga with Tracy is Mondays at 2:30pm. Join Tracy Lowry as she brings Kripalu Yoga to us. Please dress comfortably with layers, and bring your mat and a water bottle.

Low Impact Aerobics with Dee is on Tuesdays at 9:30am. You will love Dee's enthusiasm and music.

Tai Chi with Susan is on Wednesdays at 9:30am. Tai Chi is one of the most effective exercises to strengthen balance and reduce your risk of falls.

The Arthritis Foundation Exercise Program with Kathy is on Tuesdays and Thursdays at 2:15 pm. This is a low-impact physical activity program proven to reduce pain and decrease stiffness.

Chair Yoga on Wednesdays at 1:30pm is a great class for those who have hip or knee limitations.

Yoga with Stina is Wednesdays at 2:50 pm. This class focuses on stretching, strength, breathing and listening to your body. Bring your mat and join us.

Low Impact Aerobics on Thursdays at 9:30am with Claudia. Great for all levels from beginner to advanced.

Muscle Sculpt Chair Class with Miriam is on Fridays at 10:45am. This class is designed for all able-bodied participants and will involve the use of exercise bands, balls, and hand weights to increase muscle strength, and maintain bone density and flexibility. All exercises will be done seated and/or standing.

Zumba with Coleen on Saturday mornings at 9:30 am is the perfect way to start your weekend off !

Please consult your personal physician before beginning any new exercise class.

Don't forget to bring your water bottle to class.

Cost: \$3 if you pay by the month / \$5 for drop in / \$36 for unlimited exercise classes for the month.

Ongoing classes/activities:

Ceramics and BEYOND meets on Thursdays from 1:00pm - 4:00pm. Cost is \$3 if you pay by the month or a \$5 drop in fee.

Quilting Group meets Tuesday mornings at 10:00am. Join this dedicated group as they work on charity quilts for donation to local organizations and share ideas for projects.

Wii Bowling is Tuesdays from 9:30am to 12:00noon and Thursdays from 10:30am to 12:00noon.

Knitting group meets on Wednesdays at 10:00am. This fun group knits, laughs, and shares ideas. Join the fun and brush up on your knitting skills.

Hot Topics meets Wednesdays at 11:00am. This lively group reminisces, solves problems, and enjoys talking about a variety of topics. Newcomers are always welcome.

Painting and Drawing with Adele meets Thursdays at 10:00am. Explore your talents and expand your skills with this group. Cost is \$3 if you pay by the month or \$5 for drop-in.

Sharps & Flats band and singing group meets Thursdays at 10:30am. Join this fun group of musicians and sing. **The 4-Strings Ukulele Group** meets Thursdays at 1:00pm. Join the fun!

Wood Carving Group is Mondays at 1:00pm. Join this group and learn something new! Bring your friends and neighbors.

Brookfield Senior Center



P.O. Box 5106
100 Pocono Road
Brookfield, CT 06804



Check us out on Facebook

AARP FREE Tax Preparation Assistance

During April Tax-Aide counselors will continue to assist you with income tax preparation at *Brookfield Senior Center*. Sign up is required and it is free of charge for low and middle-income taxpayers. If married, both spouses should be present.

Contact the Senior Center (203-775-5308) to schedule an appointment.

Lunch and Learn:



Friday, April 4th at 12:00noon. We will be hosting a "brown bag" lunch with Brookfield Pharmacy. Bring your medications and vitamins in a brown paper bag and after lunch and a brief introduction of drug interactions, the pharmacist will privately discuss your prescriptions with you. *Please sign up.*

Friday, April 11th at 12:00noon. Dick Cronin is a member of the Brookfield Lions and the Guiding Eyes Liaison for the Lions Multiple District 23A. Dick and his wife Peg, have been actively involved with Guiding Eyes since 2009 in various volunteer programs from puppy raising to fostering breeding dogs. Dick will join us with Nordic, a breeding dog, to explain the various programs and volunteer opportunities with Guiding Eyes. *Please sign up.*



Friday May 2nd at 12:00noon. Tim Randall from Right at Home and Kevin Cleary will be sharing a presentation on genealogy for us. Join us for this informative and fascinating presentation. *Please sign up.*



Ready, Set...

Lace up your sneakers and make a commitment to live healthier by joining us for the annual

WEDNESDAY APRIL 2nd, 2014 American Heart Association National Walking Day

EVENTS:

- | | |
|-----------|---|
| 9:00am | Brookfield Senior Center
100 Pocono Road |
| 12:00noon | Brookfield Town Hall
100 Pocono Road |
| 1:00pm | Greenknoll YMCA
2 Huckleberry Hill Road |
| 5:30pm | Greenknoll YMCA
2 Huckleberry Hill Road |

Public is invited to join
all of these walks.

No sign up required!



Escape with Us



We are accepting reservations for the following trips:

Thursday, April 3 - *Westchester Dinner Theatre* presents "Ragtime." A day of fun, lunch and a show! Cost: \$95 per person.

Thursday, May 1 - *Culinary Institute of America - Caterina De Medici*. Italy's authentic flavors in a magnificent Tuscan villa setting. Truly authentic regional cuisine! Cost: \$82 per person.

May 26-30 - *Montreal and Quebec City Canada*. 4 nights and 5 days, 8 meals. Guided tours of Montreal and historic Quebec City and much more. Cost: \$595 per person double occupancy. WAITING LIST ONLY.

Thursday, June 19 - *Mystery Daytrip! Back by popular demand*. We are offering a trip to a mystery destination. Fun and good times guaranteed. Don't hesitate to sign up; it will fill up fast. Cost: \$83 per person.

June 23-24 - *Moses - Sights and Sound Theatre in Lancaster PA*. This popular trip includes one night at the Crown Plaza hotel, dinner and show with wine and cheese reception, *Moses* and much more! Cost: \$287 per person double occupancy.

Thursday July 10 - *All-You-Can-Eat-lobster dinner & Comedy Show*. Lobster and a full buffet at The Delaney House is followed by the hilarious combination of Bobby Darling & Dr. Devine. Cost: \$96 per person.

Wednesday, August 13 - *Aqua Turf* featuring *The Company Men*. Unique talent, Hollywood charm, great showmen! Good time will be had by all. Cost: \$90 per person.

Sunday, August 24 - *Sunday Brunch Jazz Cruise - NYC*. Come aboard a spectacular new 210 foot yacht. Enjoy 2 hour cruise, fabulous brunch buffet all the while listening to wonderful jazz. Cost: \$89 per person.

Wednesday, September 24 - *Autumn in Southern Vermont*. Polish American Cuisine, Honora Winery & Vineyards, and Grafton Cheese Village. Wonderful fall event. Cost: \$90 per person.

Mark your calendar for these upcoming trips:

Wednesday October 8 - *Oktoberfest at Villa Bianca*. Join us for a day of fun including a Beer Garden reception with beer and wine, snacks, music by the Jolly Kopperchmidt's Bavarian Orchestra, dancing, fun and a delicious German meal (knockwurst and bratwurst, sauerbraten, red cabbage and more!) Cost: \$79 per person.

Thursday, November 6 - *Goodspeed Opera House, Irving Berlin's Holiday Inn*. Lunch at the Gelston House. Cost: \$147 per person.

Thursday, December 11 - *A Very Texas Tenor Christmas!!!* - Back by popular demand. The Texas Tenors singing all the holiday favorites plus more. Don't miss this great holiday event. Guaranteed to sell out. Cost \$72 per person.

*Please note: it is the policy of Brookfield Senior Center to load the buses in the order in which **final** payment for trips is received.*

How Does Your Garden Grow?

Our garden only grows with the help of people such as YOU! We need help planting, occasionally weeding and regular watering. Our four raised beds are easy to reach on our sunny patio. If you are interested in being part of this group, please let the office know. This year we will be growing herbs, tomatoes, peas, green beans and some flowers to donate to Brookfield food Pantry.



Jeanette Holliday, Municipal Agent and Social Services Coordinator

Phone (203) 775-7312 FAX (203) 775-5243

Located in the Brookfield Senior Center – 100 Pocono Road

Protecting our Seniors

Our elderly population is growing faster than any other age group. Many live alone and are unable, or have difficulty taking care of themselves. The State of Connecticut assumes responsibility for protecting people aged 60 or older from abuse, neglect or exploitation:

- **Abuse:** The willful infliction of physical pain or mental anguish or the willful deprivation by a caretaker of services, which are necessary to maintain physical and mental health.
- **Neglect:** The situation in which an elderly person is unable to take care of his or her needs or is being neglected by a caretaker responsible for providing services to maintain the person's physical or mental health.
- **Exploitation:** The act or process of taking advantage of an elderly person, whether for monetary or personal gain.

In our community, friends, neighbors, family members, and acquaintances who suspect an elderly person is being abused, neglected or exploited should contact CT Department of Social Services.

- **Statewide Toll Free Number: 1-888-385-4225**
- **After Hours Emergencies Call: Info Line at 211**

If it is determined that an elderly person is in need of protective services, the Department of Social Services provides crisis intervention and support services to assure an elder's safety. A worker meets with the elderly person and his or her family to determine unmet needs, and develops a comprehensive plan to address those needs. Protective services are provided to those in need regardless of income or assets. The underlying goals behind the social worker's efforts are:

- preserving the elderly person's right of self-determination
- helping him or her remain in the preferred living situation whenever possible
- preventing injury or bodily harm
- safeguarding legal rights

You are also encouraged to discuss potential abuse, neglect or exploitation of Brookfield seniors with your town Social Services (203 775-7312). Thank you for caring about your neighbors.

FISH

FISH provides transportation for medical appointments on weekdays between 9:00am –and 2:00pm.

Ambulatory disabled and/or seniors in Brookfield may call **(203) 616-9678** to record their request at least 2 days but no more than 7 days before the appointment.

SweetHART Telephone Numbers:

Reservations: (203) 748-2511

Will call/pickups, cancellations,
confirmations: (203) 830-4399

Comments/questions: (203) 744-4070

Looking to go social with Friends and Family?



In today's society you can connect with relatives along with friends from past times all through the click of a button! Social media accounts such as Facebook support social interaction among individuals of all ages.

According to the article "The Overlooked: Social Media Marketing For Senior Citizens" written by Katie Moran, social media is geared toward the aging population. Studies have shown that 11% of Facebook users are seniors. Statistics have shown that 40% of usage is meant to connect with family or old friends, 30% of usage is purposed to share photos, 20% for social gaming, and 10% for contests and games. An easy way to connect with grandchildren, children, friends, and other relatives is by making a Facebook page and interacting socially. Facebook can be used on your home computer, or your cell phone.

Are you interested in creating a Facebook account? Stop by Lauren's office if you have any questions, and would like assistance in making an account. It's an easy way to stay in touch with loved ones.

Tech Monday
Monday April 7th from 2:30pm – 3:30pm

Students from Brookfield High School will be available to assist you with your cell phones, kindles, iPads etc. They will help show you how to text, download books, or setup a Facebook account. Bring your devices and your questions and let these students help you!



Photo Book Class

*Create your own Photo Album book filled
with your fondest memories.*

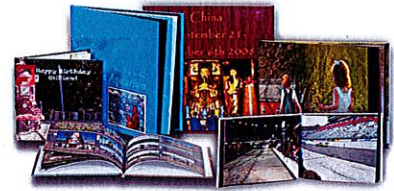
*Bring in up to 100 photos to be scanned with the assistance of
Linda and Sharon to personalize your own 20 page hard cover book.*

Price: \$75 for 4-week class

Classes start April 16th at 9:30am

Sign up at the front desk.

Feel free to check out our sample Photo Album Book.



Evening Hours

Tuesday April 8th from 4:00pm – 8:00pm

Join us for an evening full of fun and activities. You are welcome to bring your own dinner to enjoy. There will be a lot going on to choose from:

From 4:00pm on – bridge, poker and mahjongg play

From 4:00pm on – mahjongg lessons for beginners (please sign up in advance)

From 4:00pm on – socializing, knitting, games in Library

5:00pm – Movie evening. *Gravity* - As a medical engineer on her first shuttle mission embarks on a space walk with a seasoned astronaut, debris strikes their craft and destroys it -- leaving the two floating through space tethered together, with no connection to Earth.

Garden Club of Brookfield

Wednesday April 2nd at 12:30pm

Join our friends from the Garden Club as we make Hummingbird feeders just in time for spring! Sign up soon so you won't be disappointed.



Cooking with Judy

Tuesday April 22nd at 10:45am



Our favorite chef Judy will be sharing main dish salads with us this month. Sign up by April 17th so she knows how many to prepare for.

What is FISH?











FISH of Brookfield provides automobile transportation to medically related appointments for ambulatory/disabled seniors in Brookfield. Volunteers will transport to Brookfield, Bethel, Danbury, New Milford and Newtown.

FISH is available Monday through Friday for appointments scheduled between 9:00am and 2:00pm. To schedule a ride please call (203)616-9678 and leave your name, address, telephone number, the day, date and time of your appointment, a volunteer will then phone to confirm the appointment. We ask that you call at least 2 days, but not more than 7 days, in advance of the appointment. If you need to cancel, please phone the FISH number ASAP. We do not provide rides when schools are cancelled or delayed, or when students are released early because of bad weather. Drivers are not scheduled on federal holidays.

April 2014

Brookfield Senior Center

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Spring Plant Sale April 14th-April 18th Come support the Senior Center while getting in the mood for Spring.</p> 	<p>1</p> <p>9:00 Mahjongg / 9:30 LI Aerobics 9:30-12:00 Wii bowling 10:00 Quilting 12:00 Birthday of the Month *\$ 1:00 Bridge & Pinochle 2:15 Arthritis Found. Exercise <i>Cancelled</i></p>	<p>2</p> <p>9:00 Walking at Senior Center 9:30 Tai Chi \$ 10:00 Knitting 11:00 Hot Topics 12:00 Garden Club* 1:30 Chair Yoga \$ 2:50 Yoga \$</p> 	<p>3</p> <p>9:30 LI Aerobics \$ 10:00 Paint & Draw \$ 10:30 Sharps & Flats/Wii bowling 1:00 Four Strings 1:00 Ceramics and BEYOND \$ 1:00 Bridge, Poker, & Mahjongg 2:30 Arthritis Found. Exercise <i>Cancelled</i> <i>Westchester Theater RAGTIME</i></p>	<p>4</p> <p>9:00 AARP Tax Prep * 9:30 Men's Breakfast * 10:45 Muscle Sculpt Chair Class \$ 12:00 Lunch and Learn – Brookfield Pharmacy-Brown Bag*</p> <p><i>Saturday Zumba – 9:30am \$</i></p>
<p>7</p> <p>9:30 Zumba Gold 10:30 Bingo 12:30 Mahjongg 1:00 Farkle/games 1:00 Strength/Balance \$ 1:00 Wood Carving Group 2:30 Tech Monday 2:30 Yoga \$</p>	<p>8</p> <p>9:00 Mahjongg / 9:30 LI Aerobics \$ 9:30-12:00 Wii bowling 10:00 Quilting 12:00 Blood Pressure Screening 1:00 FOBSC 2:00 Bridge & Pinochle (note time) 2:15 Arthritis Found. Exercise \$ <i>Open evening 4-8pm Games/Movie</i></p>	<p>9</p> <p>9:30 Tai Chi \$ 10:00 Knitting 11:00 Hot Topics 1:30 Chair Yoga \$ 2:50 Yoga \$</p>	<p>10</p> <p>9:30 LI Aerobics \$ 10:00 Paint & Draw \$ 10:30 Sharps & Flats/Wii bowling 12:00 BP/blood sugar screening* 1:00 Four Strings 1:00 Ceramics and BEYOND \$ 1:00 Bridge, Poker, & Mahjongg 2:15 Arthritis Found. Exercise \$</p>	<p>11</p> <p>9:00 AARP Tax Prep * 10:45 Muscle Sculpt Chair Class \$ 12:00 Lunch and Learn—Guiding Eyes for the Blind*</p> <p><i>Saturday Zumba – 9:30am \$</i></p>
<p>14</p> <p>9:30 Zumba Gold \$ 12:30 Mahjongg 1:00 Farkle/games 1:00 Strength/Balance \$ 1:00 Wood Carving Group 2:30 Yoga \$</p> <p><i>Plant Sale</i></p> 	<p>15</p> <p>9:00 Mahjongg/9:30 LI Aerobics \$ 9:30 LI Aerobics \$ 9:30-12:00 Wii bowling 10:00 Quilting 1:00 Bridge & Pinochle 2:15 Arthritis Found. Exercise \$</p> <p><i>Plant Sale</i></p> 	<p>16</p> <p>9:30 Tai Chi \$ 9:30 Photo Book Class*\$ 10:00 Knitting 11:00 Hot Topics 1:30 Chair Yoga \$ 2:50 Yoga \$</p> <p><i>Plant sale</i></p> 	<p>17</p> <p>9:30 LI Aerobics \$ 10:00 Paint & Draw \$ 10:30 Sharps & Flats/Wii bowling 1:00 Four Strings 1:00 Ceramics and BEYOND \$ 1:00 Bridge, Poker, & Mahjongg 2:15 Arthritis Found. Exercise \$</p> <p><i>Plant Sale</i></p> 	<p>18</p> <p>CLOSED</p>  <p><i>Saturday Zumba – 9:30am</i></p>
<p>21</p> <p>9:30 Zumba Gold \$ 10:30 Book Club – <i>Gone Girls</i> 12:30 Mahjongg 1:00 Farkle/games 1:00 Strength/Balance \$ 1:00 Wood Carving Group 2:30 Yoga \$</p>	<p>22</p> <p>9:00 Mahjongg/9:30 LI Aerobics 9:30-12:00 Wii bowling 10:00 Quilting 10:45 Judy Prager-Main Course Salads 11:30 Blood Pressure Screening (NMVNA) 1:00 Bridge & Pinochle 2:15 Arthritis Found. Exercise \$</p>	<p>23</p> <p>9:30 Tai Chi \$ 9:30 Photo Book Class*\$ 10:00 Knitting 11:00 Hot Topics 1:30 Chair Yoga \$ 2:50 Yoga \$</p>	<p>24</p> <p>9:30 LI Aerobics \$ 10:00 Paint & Draw \$ 10:30 Sharps & Flats/Wii bowling 1:00 Four Strings 1:00 Ceramics and BEYOND \$ 1:00 Bridge, Poker, & Mahjongg 2:15 Arthritis Found. Exercise \$</p>	<p>25</p> <p>9:00 AARP Safe Driving * 10:45 Muscle Sculpt Chair Class \$ 11:00 Bagels and Chat* 12:00 Spring Pot Luck</p>  <p><i>Saturday Zumba – 9:30 am \$</i></p>
<p>28</p> <p>9:30 Zumba Gold \$ 12:30 Mahjongg 1:00 Farkle/games 1:00 Strength/Balance \$ 1:00 Wood Carving Group 1:00 Reflexology *\$ 2:30 Yoga \$</p>	<p>29</p> <p>9:00 Mahjongg 9:30 LI Aerobics \$ 9:30-12:00 Wii bowling 10:00 Quilting 1:00 Bridge & Pinochle 2:15 Arthritis Found. Exercise \$</p>	<p>30</p> <p>9:30 Tai Chi \$ 9:30 Photo Book Class *\$ 10:00 Knitting 11:00 Hot Topics 1:30 Chair Yoga \$ 2:50 Yoga \$</p>	<p><i>Lunch is served daily Monday – Thursday at 12:00noon.</i></p> <p><i>Please call the kitchen phone 2 days in advance to make a reservation: 203-775-5237</i></p> <p><i>* Sign up required \$ Fee required</i></p>	<p>Friday May 2nd</p> <p>9:30 Men's Breakfast * 10:45 Muscle Sculpt Chair Class \$ 12:00 Lunch and Learn—Tim Randall-Right at Home Genealogy*</p>